

Parkinson's Management Exercise Class

Meeting Date: Thursdays

Time: 11:00am-12:00pm

Cost: \$5/class



Class Description:

This class is designed to service the needs of individuals with any level of Parkinson's. Focus areas include: increasing flexibility, strength, balance, and coordination. Each session ends with vocal exercises to improve communication, voice power, and speech clarity.

For more information, please contact Andrea Andrews Lassiter at
(434) 485-8517!



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